

Healthy Restaurant Program Criteria

Bronze Level Must include ALL of the following.	Silver Level Must include all from Bronze level and at least 4 options below.	Gold Level Must include all from Bronze, 4 options from Silver and at least 4 options below.
<ul style="list-style-type: none"> • 30% of meals are made from whole food ingredients • 30% of meals have no preservatives, fillers or additives • 30% of menu consists of low-fat, low-sugar, and/or low-sodium meals • 30% of menu items include at least 2 servings of vegetables, fruit, whole grains, or beans. • at least 1 vegetarian entrée (not a salad) • Whole grain options available • at least 1 healthy appetizer option • substitutions for dairy, milk, meat, or carbohydrates available • if kid's menu includes milk, it must be milk that is rBGH-free 	<ul style="list-style-type: none"> • fresh fruit as a dessert option • alternative oil options: olive oil, coconut oil, avocado oil in place of corn/canola oil • at least 2 vegetarian entrees (not a salad) • at least 1 vegan entrée (not a salad) • dirty dozen food replaced with non-GMO counterparts • lifestyle options available: kosher, halal, low-carbohydrate • allergy options available: gluten-free, peanut-free, soy-free, dairy-free, grain free • at least 1 kid's meal that includes at least 2 servings of vegetables/fruits, whole grains or beans • alternative beverage options available include infused waters, unsweetened teas, or fresh juice 	<ul style="list-style-type: none"> • organic ingredients • non/GMO ingredients • pasta grain alternatives: pasta made from lentils, quinoa, chickpeas, or spiralized vegetables • locally sourced ingredients • kid's menu includes organic milk option • nutritional education for staff • nutritional education for customers • partner w/ local food banks, shelters, soup kitchens to donate unused foods • bike rack available within one block of restaurant • sponsor a local sports team to support active lifestyle in the community

Definitions:

- **whole foods:** fresh produce, dairy, whole grains, meat and fish made with minimal processing
- **preservatives:** natural or manmade chemicals that are added to packaged and processed foods to prevent spoilage (include nitrites and sulphites)
- **fillers:** ingredients that add bulk to food and are found in processed meats (burgers, hot dogs, sausages)
- **additives:** dyes and growth hormones that are added to food
- **1 serving of vegetables:** 1 cup of raw dark, leafy greens, ½ cup of cooked leafy greens, or ½ cup other vegetables
- **dirty dozen foods:** most contaminated for pesticides including: strawberries, spinach, nectarines, apples, peaches, pears, cherries, grapes, celery, tomatoes, sweet bell peppers, potatoes
- **clean 15:** least contaminated for pesticides: non-GMO corn, avocados, pineapple, cabbage, onions, sweet peas, non-GMO papaya, asparagus, mangos, eggplant, honeydew melon, kiwi, cantaloupe, cauliflower, grapefruit
- **whole grains:** whole wheat, graham flour, oatmeal, whole oats, brown rice, wild rice, whole-grain corn, whole-grain barley, whole wheat bulgur, whole rye, whole wheat bread/tortilla/pita bread
- **substitutions for dairy:** milk substitutions (almond milk, coconut milk, cashew milk, oat milk, rice milk, soy milk, flaxseed milk, hemp milk), yogurt substitutions: (coconut milk yogurt, almond milk yogurt), cheese substitutions: (kite hill cheese, daiya cheese, homemade cheese sauces using cashews, macadamia/brazil nuts, almonds)
- **low carbohydrate:** foods that are lower in carbohydrates such as leafy green vegetables, non-starchy vegetables, berries, protein, healthy fats. High carbohydrate foods such as sugary foods, white breads, white pastas are limited to less than 150g per day
- **low sodium:** 140 mg or less per serving. **low-sugar:** for men: less than 150 calories per day (37.5 grams or 9 teaspoons). for women: less than 100 calories per day (25 grams or 6 teaspoons). **low-fat:** 30% or less of the calories per meal come from fat
- **non-GMO:** a genetically modified organism has had its DNA changed with another organism. Non-GMO ingredients reduce the intake of pesticides and harmful chemicals in our food. GMO's may be found in soft drinks, bread, fast food, cereal, lunch meats, snack foods, and processed foods.
- **rBGH-** recombinant bovine growth hormone also known as rbST (recombinant bovine somatotropin), a growth hormone used in cows that has various health effects on both the cows and consumers of this kind of dairy milk